



## June 8- Cucumber Feta Rolls

Not Smart Snack

Link: <http://www.goodlifeeats.com/cucumber-feta-rolls-holiday-recipe-exchange/>

### Recipe

*Ingredients:*

- 2 cucumbers
- 6 ounces crumbled feta
- 3 Tablespoons Greek yogurt
- 2 ½ Tablespoons finely diced sundried tomatoes or red bell pepper
- 8 pitted kalamata olives, roughly chopped
- 1 tablespoon roughly chopped dill or oregano
- 2 teaspoons lemon juice
- Pinch of pepper

*Directions:*

1. Thinly slice the cucumbers longways using a vegetable peeler. Lay the cucumbers on top of a paper towel lined cutting board while you prepare the filling.
2. Add the feta and yogurt to a medium bowl. Mash to combine using a fork. Add the sun dried tomatoes, olives, dill, lemon, and pepper to the bowl. Stir well to combine. In a bowl, mash the feta using a fork.
3. Place 1 - 2 teaspoons of mixture at one end of a cucumber strip and roll up. Secure with a toothpick. Repeat with remaining strips. If not serving immediately, chill until ready to serve.

Yield 20 servings (1 roll is 1 serving)

### Nutrition Facts

Serving Size 1 roll (43.55g)  
Servings Per Container 20

#### Amount Per Serving

**Calories** 35      Calories from Fat 20

**% Daily Value\***

**Total Fat** 2g      **3%**

Saturated Fat 1.5g      **6%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 115mg      **5%**

**Total Carbohydrate** 2g      **1%**

Dietary Fiber 0g      **2%**

Sugars <1g

**Protein** 2g      **4%**

Vitamin A 2%      •      Vitamin C 2%

Calcium 4%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.